



Learn practical skills to meet difficult situations with self-kindness and resilience

Wednesdays 7 – 8:15 pm ET
July 15 – Aug 19, 2020
Online via Zoom

Instructors:
[Julie Madlin](#), MA, LMHC, SEP
Heather Thomas, MA

\$180 with Sliding Scale option

All proceeds will be donated to
[BEAM](#): Black Emotional and
Mental Health Collective

Kindness in Difficult Times (The Short Course in Mindful Self-Compassion- SC-MSC) is a 6-week resource-building course. It helps you develop ways to be with yourself in kindness and care when you need it most: when life stirs up feelings of inadequacy and suffering. It is a condensed, online version of the 8-week in-person [MSC](#) program that has been offered globally since 2010. The course format includes informal practices, meditations, short talks, experiential exercises, and group discussion.

After participating, you'll be able to:

- Offer compassion to oneself and others
- Handle overwhelming emotions with greater ease
- Approach difficult situations with more calm and clarity
- Reconnect with values that help in finding purpose

Sliding Scale Fee Option

- Benefactor Rate: Anything from \$125 up to \$180
- Those in need: \$75

Sliding scale fees help us make this MSC course available to all those who are interested. Those who can pay at the Benefactor level will help to support fee offsets for those in need.

To Register: For more information and/or to register please contact Julie at juliehope.madlin@gmail.com or Heather at h1thomas83@gmail.com.